

# Apple Snow

## Ingredients

10 good-sized apples, the whites of 10 eggs, the rind of 1 lemon, 1/2 lb. of pounded sugar.

## Method

Peel, core, and cut the apples into quarters, and put them into a saucepan with the lemon-peel and sufficient water to prevent them from burning,--rather less than 1/2 pint. When they are tender, take out the peel, beat them to a pulp, let them cool, and stir them to the whites of the eggs, which should be previously beaten to a strong froth. Add the sifted sugar, and continue the whisking until the mixture becomes quite stiff; and either heap it on a glass dish, or serve it in small glasses. The dish may be garnished with preserved barberries, or strips of bright-coloured jelly; and a dish of custards should be served with it, or a jug of cream.

*Source: Mrs Beeton's Book of Household Management (1861)*

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